



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
in-crease communication
skills • expand knowl

edge • lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer
places for social interaction • diminish gang violence •
teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Winter 2015 Program Guide

Special Events

Tom O'Brien's Magic Show

Looking for a fun way to spend some time with your children on a day off from school? Join us for a Comedy Magic Show by Tom O'Brien. Tom has delighted children at our summer camp program, and is also the instructor of our ever-popular magic workshops. This performance is age appropriate for children 3 – 10, and will be held in the gym of Whisconier Middle School, 10:00 – 10:45 a.m. This event is free with no pre-registration required. We look forward to seeing you there!

Day: Friday
Date: 2/13
Fee: Free

Time: 10:00 a.m.
Place: WMS Gym



Afternoon of Ice Skating at Danbury Ice Arena

Join us and your friends and neighbors for an afternoon of ice-skating at the Danbury Ice Arena! We've rented out one of the rinks from 12:50 – 2:20 p.m. for an afternoon of fun! Skate rentals are included for those who need them, but please bring your own if you can. We encourage you to bring bike helmets from home, too. (We're told that bike helmets work great for ice-skating!) Light refreshments will be served. There is no charge for this event, but you must pre-register, as we can only accommodate up to 250 people. Please plan to arrive at the Ice Arena by 12:30 p.m. to make sure that you get your skates laced up and can enjoy your full time on the ice!

Day: Sunday
Date: 3/8
Fee: Free

Time: 12:50 – 2:20 p.m.
Place: Danbury Ice Arena

16th Annual Flashlight Egg Hunt

Just for students in grades 3 – 5! The hunt will be held on the grounds of Town Hall at 8:00 p.m. sharp, and will last

approximately 20 minutes. All participants must bring their own flashlights. Bags will be provided for collecting. Call the Parks & Recreation Office to pre-register. Cost is \$1.00 per student. Pay on the evening of the hunt in front of the Town Hall.

Day: Friday
Date: 3/27

Time: 8:00 p.m.
Fee: \$1.00



19th Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, March 28. Additional features include a jellybean counting contest, and a special appearance by the Easter Bunny. Bags will be provided for egg collecting. Call the

Parks & Rec. Office to pre-register. Cost is \$1.00 per child. Pay on the day of the hunt in the lobby of Town Hall. Rain date is Sunday, March 29.

Age Divisions:

Under 3 at 12:00 p.m.
3- 4 year olds at 12:15 p.m.
5 - 6 year olds at 12:30 p.m.
7 - 8 year olds at 12:45 p.m.

Day: Saturday
Date: 3/28

Time: See above
Fee: \$1.00

Special Events, continued

Mother's Day 5K - Sunday, May 10

9:00 a.m. Start at Brookfield High School

To Benefit the BHS Track

Fee is \$20.00 by May 8;

\$25.00 race day



Awards to top three finishers in eight age categories. Special team awards for top finishers in mother/daughter and mother/son categories.

Please visit our website for more information or to download an application. Walkers welcome!

Get out of Town

Ellis Island & Statue of Liberty

Are you one of the 40% of Americans that have an ancestor who entered the country through Ellis Island? Over 12 million people passed through the island while it was in operation. Come discover the Ellis Island Immigration Museum's importance in America's history. Included is a 45 minute audio guide inviting visitors to relive the immigrant experience as if they were the new arrival. We'll also be making a visit to Liberty Island to view the Statue of Liberty up close (includes entrance into pedestal) and explore the grounds. Lunch is on your own, with cafeterias/food carts located on both islands. Leave Brookfield Town Hall at 7:00 a.m. and travel by coach bus to catch a ferry to both islands. Arrive back in Brookfield approximately 6:00 p.m.

Day: Saturday

Date: 5/16

Time: 7:00 a.m. departure

Fee: \$73.00 each adult, \$64.00 each child age 6-12

Block Island for the Day

Just seven miles long and three miles wide, this idyllic island is a great escape for a day! We'll be leaving Brookfield Town Hall at 6:30 a.m. and traveling by coach bus to Point Judith, RI where we will board a ferry for an hour long cruise to Old Harbor, Block Island. Old Harbor is designated a National Historic District with wonderful Victorian buildings. It is just a short walk from the ferry to the center of town. Upon arrival on the island enjoy free time among a variety of restaurants (have lunch on your own) and shops. Choose to relax on the beach, bike or watch the yachts go by. Expected arrival time back in Brookfield is 9:30 p.m.

Day: Saturday

Date: 6/27

Time: 6:30 a.m. departure

Fee: \$81.00

iPhone Introduction

Did you just get a new iPhone? Have one for a while and are still overwhelmed by all it can do? Dawn DeCosta of Tech Savvy brings her Apple experience to us in this hands on class. Learn the basics about the iPhone- obtain a better understanding of iCloud and the amazing Apps that make the iPhone so much fun! All participants must bring a charged, working iPhone and know their Apple ID and password.

Day: Monday Time: 7:00 – 8:00 p.m.
Date: 1/26 Fee: \$25.00
Place: Town Hall Meeting Room 119

New ~ Everyday Uses For iPhone

Do you feel you still don't know all the cool things your device can do? In this class, Dawn DeCosta of Tech Savvy will review the iPhone features that can make your technology work for you! We will learn how to use iCal and To-Do Lists with reminders, explore what Siri can do, make folders and bookmarks in Safari and the different ways you can answer and make calls on the phone. All participants must bring a charged, working iPhone and know their Apple ID and password.

Day: Monday Time: 7:00 – 8:00 p.m.
Date: 2/2 Fee: \$25.00
Place: Town Hall Meeting Room 119

New ~ Let Me Entertain You

Would you like to take a free class from an Ivy League school on your iPad? Read books from your Kindle, iBooks and the public library? Rent movies to watch on your vacation? Create playlists of your favorite songs? In this class we will explore iBooks, iTunes, the App Store and iTunes University as well as the apps and sites that can entertain you throughout the winter and beyond! All participants must bring a charged, working iPad and know their Apple ID and password to download songs, apps, and books.

Day: Monday Time: 7:00 – 8:00 p.m.
Date: 2/9 Fee: \$25.00
Place: Town Hall Meeting Room 119

iPhone Photography

The 8 megapixel iPhone 4,5,5s and 6 cameras can take great pictures. And since you have it with you all the time, you will be more likely to use it than a more complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the phone, as well as test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera.

Day: Monday Time: 7:00 – 9:00 p.m.
Date: 2/23 (1 wk) Fee: \$25.00
Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

Digital and Video Photography

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice. This season we'll study the video capability of your camera too. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Thursday Time: 7:00 – 9:00 p.m.
Dates: 1/29 – 3/5 (5 wks) – no class 2/12
Place: Town Hall Meeting Rm. Fee: \$70.00
Instructor: Mary Ann Kulla

Photoshop - One on One

Have you been struggling to improve your photos with **Photoshop Elements** or some version of **Photoshop**? Are you encountering lots of frustration? If so, this is your opportunity to sit down with an experienced Photoshop user - with at most one other student - to identify and move beyond your current roadblocks. Bring your laptop with backed-up images that you'd like to work on, or use the Brookfield High School computers. Since this will be individualized instruction, we can focus on your unique interests with demonstrations and hands-on work. We'll cover whatever topics you'd like to experiment with: tools, selections, pallets, layers, actions or giving your images a unique tonality. Take the next step towards realizing your creative vision! This program may also be scheduled on an individual basis on other dates; please call the office for details.

Day: Thursday Time: 7:00 – 9:00 p.m.
Date: 1/22 (1 wk) Fee: \$75.00
Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

The ABC's of Photo Organizing

Are you overwhelmed with your photos? Are you not sure what to do with them? We can help! This class will help you organize, plan and give you tips to preserve your memories to pass on to your children and grandchildren. Whether your photos are printed or digital, Linda and Sharon can help you organize them all. Bring in a box of your printed photos and/or your digital camera, phone, laptop, tablet, memory cards. Make sure that electronics are fully charged and don't forget your connecting cables!

Day: Wednesday Time: 7:00 – 8:30 p.m.
Date: 2/4 (1 wk) Fee: \$25.00
Place: Town Hall Meeting Room
Instructors: Sharon Gialo and Linda Thomas

Pathways to Resiliency: An Introduction

Do you wish you could "bounce back" from stressful situations...faster? Are you tired of focusing on what's wrong in your life, instead of what's good? Come join Certified Positive Psychology Practitioner and Brookfield psychotherapist, Marianne Seeber, one of the first 100 people in the country to receive this certification. Discover how you can unlock your secret to life-long happiness. Learn how our brains are naturally programmed for negativity and what you can do to increase life satisfaction.

Day: Tuesday Time: 7:00 – 9:00 p.m.
Date: 3/10 Fee: \$20.00
Place: Town Hall Meeting Room

New ~ Lose Weight the “Healthy Weigh”

You’ve made your New Year’s resolution to lose weight; we’ll help you achieve your goal in 2015! Over eight weeks you will lose weight, and have fun doing it, with group support. We will discuss portion control, recipe modification, label reading, low fat cooking techniques, healthy snacking, restaurant dining and more. Confidential weigh-ins will occur at the start of each class.

Day: Thursday Time: 5:30 – 6:30 p.m.
 Dates: 1/22 – 3/12 (8 wks) Fee: \$150.00
 Place: Healthy Weighs Wellness Center, 366 Federal Road
 Instructor: Colleen Wall, Registered Dietitian/Nutritionist

New ~ Holistic Happy Hour

With the use of auricular (ear) acupuncture or acupressure, Christopher Chapleau, L.Ac will help ease your stress or pain. Chris will utilize two extremely effective ear protocols in a relaxed community setting. You will leave refreshed and ready to take on the week.

Day: Friday Time: 5:30 – 6:30 p.m.
 Session 1: 1/23, 1/30, 2/6 (3 wks)
 Session 2: 2/20, 2/27, 3/6 (3 wks)
 Place: Healthy Weighs Wellness Center, 366 Federal Road
 Instructor: Christopher Chapleau, MS Licensed and Board Certified Acupuncturist and Herbalist
 Fee: \$99.00/three week session

New ~ Introduction to Meditation

Are you seeking calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and fulfillment in life? Do you wish to deal with life’s stressors in a more balanced way? You can enjoy these benefits and so much more with meditation. If you’ve wanted to develop your own practice of meditation but didn’t know where to start, this introduction is for you. In these six weeks you will be introduced to six different types of meditation techniques, the differences between them, why they are used, and how they can benefit and enhance your own life. All students who register for this program will receive a complimentary reiki session at The Wellness Center at SOUND.

Day: Monday Time: 6:45 – 7:45 p.m.
 Dates: 1/26 – 3/9 (6 wks) – no class 2/16
 Place: SOUND, 31 Hawleyville Road, Newtown
 Fee: \$150.00

New ~ Intro to Essential Oils for Health & Joy

This four week series will explore using certified pure therapeutic grade essential oils for a variety of benefits. Each week you will receive an oil sample to take home.

1/21 – Intro to Plant Based Medicine. Learn the basics of what essential oils are, how to use them safely and how to incorporate them into your medicine cabinet.

1/28 – Immune Support. Learn how to give your system a boost this winter with the antimicrobial properties of essential oils.

2/4 – Supporting Mind, Mood & Sleep. Relaxation, peace restful sleep; learn simple ways that you can cultivate more of these in your busy life.

2/11 – Expanding our Self Love. Nurture yourself with the gifts of self acceptance, forgiveness and grace.

Day: Wednesday Time: 6:30 – 7:30 p.m.
 Dates: 1/21 – 2/11 (4 wks) Fee: \$85.00
 Place: SOUND, 31 Hawleyville Road, Newtown

Mediterranean Vegetable Cooking 101

Everyone knows that the heart-friendly “Mediterranean Diet” is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Classes will be conducted as a combination demonstration and hands-on workshop. Each night you’ll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you’ll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger’s first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Day: Wednesday Time: 6:30 – 8:30 p.m.
 Dates: 1/28 – 2/18 (4 wks)
 Place: BHS Culinary Arts Room #204
 Fee: \$82.00

Mediterranean Vegetable Cooking 201

For those of you who have taken Med Veg 101 and want to learn additional recipes for some of the same ingredients and explore some new ingredients (including artichokes, mushrooms, and Swiss chard) Ann is offering a follow-up class. This class is built on the material covered in the first program, and explores some traditional, but perhaps less familiar, ingredients and recipes.

Day: Monday Time: 6:30 – 8:30 p.m.
 Dates: 1/26 – 2/23 (4 wks) – no class 2/16
 Place: BHS Culinary Arts Room #204
 Fee: \$82.00

Relaxing Ukulele for Adults (Beginners)

Come and have fun while relaxing and learning this fun and easy to learn instrument that is experiencing a surge in popularity. The classes will cover basic chords, simple strums, and lots of great songs that can be played with two or three chords. Even if you’ve never picked up the uke before, you will be well on your way by the end of this first 6 week session. Ukulele and book included, space is limited.

Day: Tuesday Time: 7:00 – 7:45 p.m.
 Dates: 1/27 – 3/3 (6 wks) Fee: \$175.00
 Place: SOUND, 31 Hawleyville Road, Newtown
 Instructor: John Bracket

Beginning Italian: Ciao. Mi chiamo...

Learn conversation skills including introductions and polite greetings and interactions. Essential basic vocabulary and grammar will be introduced. No prior Italian language experience is necessary.

Day: Thursday Time: 7:00 – 8:00 p.m.
 Dates: 1/22 – 3/19 (8 wks) – no class 2/12
 Place: Town Hall Meeting Room
 Instructor: Anna Prendi Fee: \$79.00

Red Cross Adult and Pediatric First Aid/CPR/AED for Lay Responders

This course covers CPR/AED and first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification in Adult and Pediatric First Aid/CPR/AED which is valid for two years.
 Day: Wednesday Time: 7:00 – 9:00 p.m.
 Date: 2/11 – 2/18 (2 wks) Fee: \$89.00
 Place: Town Hall Meeting Room
 Instructor: Jerry Kochman

Red Cross CPR Re-Certification for Lay Responders

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes two-year Red Cross certification following successful completion.
 Day: Wednesday Time: 7:00 – 9:00 p.m.
 Date: 1/21 **OR** 3/11 Fee: \$49.00
 Place: Town Hall Meeting Room
 Instructor: Jerry Kochman

D.E.E.P. Boating Safety Course



Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend all four classes in the same session.**

Adults must present a picture id (driver's license) at the first class. All children who do not have a picture id must be identified by their parent at the first class. Children under age 12 must be accompanied by a parent. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.
 Day: Monday and Wednesday (twice a week for 2 weeks)
 Time: 7:00 - 9:30 p.m.
 Dates: 5/4, 5/6, 5/11, 5/13 (4 classes)
 Place: WMS Seminar Rm. Fee: \$25.00

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE State mandated adult education services to adults 17 years of age and older who live in Brookfield and surrounding towns. For more information about these services, contact:

WERACE 203-797-4731
 10 Crosby Street, Danbury, CT 06810
<https://sites.google.com/a/danbury.k12.ct.us/werace/>

Please note all Adult Education classes included in this program guide are provided by the Brookfield Parks & Recreation Department. Questions and registrations should be directed to us at 203-775-7310.

Watercolor for Adults

Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).
 Day: Thursday Time: 5:30 – 7:30 p.m.
 Dates: 1/22 – 3/12 (8 wks) Fee: \$88.00
 Place: Senior Center Craft Room
 Instructor: Victoria Lange

Beginning Sewing

Have you ever wanted to learn to sew? This class will get you comfortable with sewing from a commercial pattern. You will learn how to cut out a pattern, make sense of the instructions and construct a finished, well-fitting skirt or top using a sewing machine. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention. Students age 14 and older are welcome!
 Day: Tuesday Time: 6:00 – 8:00 p.m.
 Dates: 1/27 – 3/3 (6 wks) Fee: \$90.00
 Place: Whisconier Middle School Rm #1515
 Instructor: Karen Ryavec Lubensky

Adult Fitness



Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.
 Day: Monday Time: 7:00 – 8:00 p.m.
 Dates: 1/26 – 3/30 (9 wks) – no class 2/16
 Place: Center School Gym Fee: \$75.00
 Instructor: Ariana Mesaros

Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Do you want to get your fitness back?

Come join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High School track. We will train together on Saturdays at the high school track and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. Come dressed (in layers) to run and bring a water bottle. This program will prepare you for the Mother's Day 5K on Sunday, May 10, 2015. (Race registration is included in the fee.) In the fall, we have the same program to prepare for the Halloween 5K on Sunday, October 25, 2015. All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Mother's Day 5K Workshop

Day: Saturday, April 4 – Sunday, May 10

Time 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

Halloween 5K Workshop

Day: Saturday, September 19 – Sunday, October 25

Time: 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both disciplines. By becoming mindful of movement and breath, and connecting your mind to your muscle,

you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 6:30 – 7:30 p.m.

Dates: 1/20 – 3/10 (8 wks)

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

Why Weight?

Don't be daunted by preconceived perfectly fit images, Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring a set of weights (1,3 or 5 pound is recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:30 – 7:30 p.m.

Dates: 1/22 – 3/12 (8 wks)

Place: Center School Gym Fee: \$75.00

Instructor: Phyllis Babuini

New ~ Healthy Start Program

Our Healthy Start Program is designed for the beginner to exercise or anyone who has been away from exercise for some time. It's a 60 day program, with lots of supervision to help you get fit. Here's what you'll get:

- Oversight by one of our staff trainers
- Full use of the entire facility during your 60 days
- Unlimited use of our Group Exercise classes
- Unlimited use of our Smart Start classes
- Learn how to work out properly, effectively, safely

Place: No-Limit Health & Fitness, 1120 Federal Road

Dates: Start anytime the week of January 19 (8 weeks)

Fee: \$90

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then, this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for a workout that will challenge your entire body! Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will push your fitness to the next level! BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free gym pass for two weeks at NO LIMIT.

Day: Friday Time: 9:15 – 10:00 a.m.

Dates: 1/23 – 3/13 (8 wks) Fee: \$90.00

Instructor: Abi Scudder

Place: NO LIMIT Health and Fitness, 1120 Federal Rd



Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through

advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive free two week gym pass.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Dates: 1/20 – 3/10 (8 wks) Fee: \$90.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class also includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE!!! Register for this session and receive a free gym pass for two weeks.

Day: Thursday Time: 9:15 – 10:15 a.m.

Dates: 1/22 – 3/12 (8 wks)

Place: NO LIMIT Health and Fitness, 1120 Federal Road

Fee: \$90.00



Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In

a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this!

Choose any class on any day January 19 through March 14 (eight weeks) for unlimited spinning for \$90.00. Just pre-register for each class at NO LIMIT Health and Fitness (775-8548). **BABYSITTING AVAILABLE** by reservation! NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

Choose from any of the following class sessions:

Monday, 9:30 – 10:30 a.m.

Tuesday, 6:15 – 7:15 p.m.

Thursday, 6:30 – 7:30 p.m.

Saturday, 9:15 – 10:15 a.m.



Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-

rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

Session 1: Mondays, 7:30 p.m. - 8:45 p.m.

Dates: 1/26 – 3/16 (6 classes) – pick two to miss out of 8 listed

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Christina Rojas

Fee: \$90.00

Session 2: Saturdays, 10:15 – 11:45 a.m.

Dates: 1/24 – 3/7 (6 classes) – pick one to miss out of 7 listed

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Mimi Mathew

Fee: \$90.00

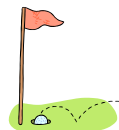
Celestial BellyDancing for Beginners

All women are invited to join in and unlock the mystery and secrets of this ancient Feminine Dance. Bellydance will guide you in exploring your sensual, powerful and beautiful self and will enable you to embrace the amazing woman living within yourself! The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly, and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world

Day: Wednesday Time: 7:30 – 8:30 p.m.

Dates: 1/14 – 3/4 (8 wks) Fee: \$150.00

Place: SOUND, 31 Hawleyville Road, Newtown



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

January: Mondays – 1/5, 1/12, 1/19, 1/26

February: Wednesdays – 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/3, 3/10, 3/17, 3/24

April: Thursdays – 4/2, 4/9, 4/16, 4/23

Women Only Classes for Beginners

January: Tuesdays – 1/6, 1/13, 1/20, 1/27

February: Thursdays – 2/5, 2/12, 2/19, 2/26

March: Mondays – 3/2, 3/9, 3/16, 3/23

April: Wednesdays – 4/1, 4/8, 4/15, 4/22

Adult Fitness - Open Gyms

Open Basketball



Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Open Gym is canceled on 12/29, 1/19, 2/16 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday

Time: 7:30 – 9:30 p.m.

Dates: 11/17/14 – 3/23/15

Place: BHS Gym

Fee: \$5.00/night at the door

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Open gym is canceled on 11/26, 12/24, 12/31, 3/11 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday

Time: 7:30 – 9:00 p.m.

Dates: 11/5/14– 4/8/15

Place: WMS Gym

Fee: \$5.00/night at the door

Mandatory Men's Softball League Meeting

For new and returning teams interested in playing in 2015 in our newly renovated Cadigan Park. Tuesday, February 3 7:00 p.m. in Town Hall. Information only, no deposits due. For more information please contact League Director Jason Maxwell at jamaxwell@hotmail.com.

Gym Time

Children age 2 and 3 (with parent or caregiver) will enjoy this active, energy-burning class at Fun Factor. From circle time and parachutes, beach balls and hula hoops, to bouncing on the toddler inflatables, children are sure to love their "gym time". After class is over parents and children have use of Fun Factor until 1:00 p.m. to play on their own. Fun Factor has strict policies on outside food and beverages. Children registered for the program may bring in a snack and drink to be enjoyed in the party room (no nuts). A waiver must be signed at the first class of the session.

Day: Friday Time: 9:30 – 10:15 a.m.

Session 1: 1/23, 1/30, 2/6, 2/20 (4 wks)

Session 2: 3/6, 3/13, 3/20, 3/27 (4 wks)

Instructor: Pam Zavarelli Fee: \$49.00/session

Place: Fun Factor, 1106 Federal Road Brookfield

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 4 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. As part of our group gym time, we are incorporating SPARK, a research-based, nationally recognized Physical Activity program for Pre-K children. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class. There is a \$ 10.00 discount off the price for the second child.

Day: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 1/21, 1/28, 2/4, 2/11 (4 wks)

Session 2: 2/25, 3/4, 3/11, 3/18 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$87.00/session

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 1/23, 1/30, 2/6, 2/20 (4 wks)

Session 2: 3/6, 3/13, 3/20, 3/27 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$87.00/session



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Day: Tuesday

Session 1: 1/20, 1/27, 2/3, 2/10 (4 wks)

Session 2: 2/24, 3/3, 3/10, 3/17 (4 wks)

Time: 9:30 – 10:30 a.m.

Place: Congregational Church, Fair Kitchen

Instructor: Pam Zavarelli Fee: \$48.00/session

New ~ SOUND Beginnings

(Pre-piano group class) for ages 4-5

Designed as an all-encompassing music lesson, students participate in several different unique activities during their group class ensuring they remain focused, engaged and happy during their first introduction to the keyboard.

Throughout the group class, your child will develop piano and music skills that will allow for a smooth transition into formal piano lessons. Beginners in this program start with no prior piano or music experience and finish with keyboard awareness, an understanding of rhythm, pitch and the ability to play simple pieces on the keyboard/piano.

Day: Monday Time: 10:30 – 11:05 a.m.

Dates: 2/2 – 3/16 (6 wks) – no class 2/16

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$150.00 (includes mini keyboard rental for series)

Pre-Ballet

This class will introduce boys and girls ages 3-5 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Friday Time: 4:45 – 5:30 p.m.

Dates: 1/23 – 3/6 (6 wks) - no class 2/13

Place: Center School Café Fee: \$57.00

Instructor: Dolly Pinto

Story Time Yoga

Especially created for children under age 5 and their caregiver, children's stories and songs will come to life as we read and sing about animals and other nature elements that relate to yoga poses. Children and caregivers will be invited to try each pose and then we will continue on with our song or story. This is a fun and relaxed environment, perfect for introducing the youngest yogis to the joys of reading, singing and yoga!

Day: Thursday Time: 9:30 - 10:30 a.m.

Dates: 1/22 – 3/12 (8 wks) Fee: \$140.00

Place: SOUND, 31 Hawleyville Road, Newtown



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Class proposals should be received by 2/2/15 to be considered for the spring/summer program guide.

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Session 1: Monday, 3:30 – 4:30 p.m.

Dates: 1/26 – 3/23 (8 wks) – no class 2/16

Instructors: Pat Jackson and Molly Bomba

Session 2: Wednesday, 3:30 – 4:30 p.m.

Dates: 1/21 – 3/11 (8 wks)

Instructor: Pat Jackson and Jack Egan

Place: Center School Gym Fee: \$40.00/session



Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 1/20 – 3/10 (8 wks)

Instructors: Pat Jackson and Jack Egan/Molly Bomba

Place: Center School Gym Fee: \$40.00

The Wizard's School of Magic



Students in grades K and 1 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a

master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

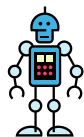
Tuesday 1/20, 3:30 – 4:30 p.m. Center School Room

Hocus Pocus – Magic Workshop 2:

Tuesday 2/24, 3:30 – 4:30 p.m. Center School Room

Presto – Magic Workshop 3:

Tuesday 3/24, 3:30 – 4:30 p.m. Center School Room



Lego in Motion

Calling all Lego enthusiasts and builders in grades K and 1! We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous

contraptions which will be powered with motors and battery packs. Class limited to 12 students.

Day: Friday Time: 3:30 – 4:45 p.m.

Dates: 1/23 – 2/27 (5 wks) – no class 2/13

Place: Center School Room Fee: \$95.00

Instructor: Computer Explorers



Get into the Kitchen

Students in grades K and 1 will enjoy making a variety of no cook and cooked foods. As a small group they work together, following the steps in recipes and taking turns to make a dish they then share. This is a hands-on class, so there is a strong emphasis on clean hands and

good kitchen hygiene, safe use of kitchen tools, good listening skills, and following instructions. At the end of each class students will sample the dish they created and go home with the recipe. Recipes are duplicated in both the Monday and Tuesday classes, but do change each session. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Monday Time: 3:30 – 4:30 p.m.

Session 1: 1/26, 2/2, 2/9, 2/23 (4 wks)

Session 2: 3/9, 3/16, 3/23, 3/30 (4 wks)

Day: Tuesday Time: 3:30 - 4:30 p.m.

Session 1: 1/27, 2/3, 2/10, 2/17 (4 wks)

Session 2: 3/3, 3/10, 3/17, 3/24 (4 wks)

Place: Center School PreSchool Room

Fee: \$48.00/session

Instructor: Ann Salinger

Zumba Kids at Center School

Zumba Kids is a perfect way to give children in grades K and 1 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move around in, with socks and sneakers. Having a water bottle is also suggested. Get ready to have some fun!!

Day: Thursday Time: 3:30 - 4:30 p.m.

Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 2/26, 3/5, 3/12, 3/19 (4 wks)

Place: Center School Gym

Instructor: Ariana Mesaros Fee: \$35.00/4 wk session

Pre-Ballet

This class will introduce boys and girls in kindergarten and grade 1 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Friday Time: 3:30 – 4:30 p.m.

Dates: 1/23 – 3/6 (6 wks) - no class 2/13

Place: Center School Café Fee: \$57.00

Instructor: Dolly Pinto



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self-discipline, self-control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time: 3:30 – 4:00 p.m.
 Dates: 1/22 – 2/12 (4 wks) Fee: \$28.00
 Place: Center School Cafeteria
 Instructor: Zandri's Martial Arts

Stretch & Glow Yoga I ages 6-10

This class introduces more challenging yoga poses and yoga games in a playful and supportive atmosphere. We will focus on balance, coordination and flexibility as we practice holding poses for a longer period of time. Children will learn breathing exercises that can help them maintain focus and self-control during their busy school days. Class will end with massage and guided meditation for deep relaxation.

Day: Tuesday Time: 4:45 – 5:45 p.m.
 Dates: 1/20 – 3/10 (8 wks) Fee: \$120.00
 Place: SOUND, 31 Hawleyville Road, Newtown
 Instructor Kaitlin Dunseith-Field



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use

different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information visit www.paintdrawmore.com

Day: Thursday Time: 3:30 – 4:30 p.m.
 Session 1: 1/22 – 2/26 (6 wks)
 Session 2: 3/12 – 4/30 (6 wks) – no class 3/26, 4/16
 Place: Center School Art Room
 Fee: \$99.00/6 week session

Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Our referees serve as coaches, no parent coaches are needed at this level.

Day: Saturday Time: 11:00 a.m. - 12:00 p.m.
 Dates: 1/10 – 3/7 (8 wks) – no class 2/14
 Place: Huckleberry Hill School– Upper Gym
 Supervisor: Fern Smenyak Fee: \$63.00

LEGO® ROBOTICS Carnival

Lego Mindstorms provides wonderful hands-on opportunities for students in grades 2-4 to experiment and learn about the fundamentals of robotics, construction and computer programming. We will be using familiar Lego bricks to build around a microcomputer and using computer software to bring the robot to life! We will be building models such as ferris wheels and merry-go-rounds commonly found in carnivals this session. Class is limited to 12 students.

Day: Thursday Time: 3:30 – 4:45 p.m.
 Dates: 1/22 – 2/19 (5 wks) Fee: \$95.00
 Place: HHES
 Instructor: Computer Explorers

Minecraft Survival Island

Imagine playing the popular game Minecraft while learning! Students in grades 2-4 will access a proprietary Minecraft.edu mod created for this class to address all of the 21st century skills: critical thinking, creativity, problem solving, decision making, collaboration, communication, ICT literacy and more. Come hang with your friends as you mine, craft and build together to survive! Class is limited to 12 students

Day: Tuesday Time: 3:30 – 4:45 p.m.
 Dates: 3/3 – 3/31 (5 wks) Fee: \$95.00
 Place: HHES Library
 Instructor: Computer Explorers

Animation Moviemaker

Clay and animation, what a perfect combination! Working in teams, students do it all, from story creation to making the characters and building the sets. As they learn the production process they will use DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies.

Day: Thursday Time: 3:30 – 4:45 p.m.
 Dates: 3/5 – 4/9 (5 wks) – no class 3/26
 Place: HHES Fee: \$95.00
 Instructor: Computer Explorers



The Wizard's School of Magic

Students in grades 2 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each
Abacadabra - Magic Workshop 1:
 Tuesday 1/27, 3:30 – 4:30 p.m. HHES Room
Hocus Pocus – Magic Workshop 2:
 Tuesday 3/3, 3:30 – 4:30 p.m. HHES Room
Presto – Magic Workshop 3:
 Tuesday 3/31, 3:30 – 4:30 p.m. HHES Room

Zumba Kids at HHES

Zumba Kids is a perfect way to give children in grades 2 - 4 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move in, with socks and sneakers and bring a water bottle. Get ready to have some fun!!

Day: Monday Time: 3:30 - 4:30 p.m.
 Session 1: 1/26, 2/2, 2/9, 2/23 (4 wks)
 Session 2: 3/9, 3/23, 3/30, 4/6 (4 wks)
 Place: Huckleberry Hill Upper Gym
 Instructor: Ariana Mesaros Fee: \$35.00/4 wk session



Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Session 1: Monday, 3:30 – 4:30 p.m.
 Dates: 1/26 – 3/9 (6 wks) – no class 2/16 Fee: \$30.00
Session 2: Friday, 3:30 – 4:30 p.m.
 Dates: 1/23 – 3/6 (6 wks) – no class 2/13 Fee: \$30.00
 Time: 3:30 – 4:30 p.m.
 Place: HHES Lower Gym
 Instructor: Dave Miller and/or Matt Novacco

New ~ Girls Only Flag Football

This class is by request and only for girls in grades 2 through 4. Girls will develop skills of the sport including throwing and catching, and will play games in this non-contact class instructed by Huckleberry's own Ms. Olivier.
 Day: Thursday Time: 3:30 – 4:30 p.m.
 Dates: 1/22, 1/29, 2/19, 2/26 (4 wks)
 Place: HHES Lower Gym Fee: \$25.00
 Instructor: Danielle Olivier

Mixing it Up with Ms. Olivier

Students in grades 2 – 4 will play a variety of indoor sports and games.
 Day: Tuesday Time: 3:30 – 4:30 p.m.
 Dates: 1/20 – 3/3 (6 wks) – no class 2/10
 Place: HHES Lower Gym Instructor: Danielle Olivier
 Fee: \$30.00

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.
 Day: Wednesday Time: 3:30 – 4:30 p.m.
 Dates: 1/21 – 3/4 (6 wks) – no class 2/11
 Place: HHES Lower Gym Instructor: Dave Miller
 Fee: \$30.00

New ~ You'll Flip!

Students in grades 2 – 4 who can't get enough tumbling and gymnastics during P.E. class will continue to practice their basic tumbling and gymnastics skills. The students will use a variety of gymnastics apparatus and equipment under the watchful eyes of Huckleberry's own Ms. Olivier and Mr. Cudney, to develop their flexibility, strength, and coordination.

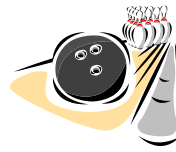
Session 1: Monday, 3/16 – 4/6 (4 wks)

Session 2: Wednesday, 3/18 – 4/8 (4 wks)

Time: 3:30 – 4:30 p.m.

Place: HHES Lower Gym Fee: \$30.00/session

Instructors: Danielle Olivier and/or Matt Cudney



Bowling

Each class features two games of bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to

the school, please include that your child is attending bowling on bus #9. Pick-up is at Brookfield Lanes.

Students may bring money with them in order to purchase a snack at the snack bar. Please note that the 3:30 p.m. start includes transportation time. Students do not arrive at Brookfield Lanes until approximately 4:15 p.m.

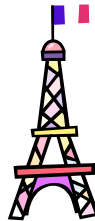
Day: Thursday Time: 3:30 – 5:30 p.m.

Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 2/26, 3/5, 3/12, 3/19 (4 wks)

Instructors: Dave Miller and Matt Novacco

Place: Brookfield Lanes Fee: \$52.00/session



French Fantastique

Offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting,

colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to class each morning.

Day: Friday Time: 7:50 – 8:40 a.m.

Dates: 1/23 – 3/6 (6 wks) - no class 2/13

Place: HHES Room Fee: \$59.00

Instructor: Margee Minier

New~ Sign Language Club

Students in grades 2-4 will learn how to communicate using American Sign Language. Basics including the alphabet, numbers, and simple sentences will be taught in a fun and engaging way. No previous experience necessary!

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 1/26 – 3/23 (8 wks) – no class 2/16

Place: HHES Room 304 Fee: \$72.00

Instructor: Laura Cookfair, HHES Certified Teacher of the Deaf

Kids are Cooking

Students in grades 2 through 4 will enjoy making a variety of no cook and cooked foods. As a small group they work together, following the steps in recipes and taking turns to make a dish they then share. This is a hands-on class, so there is a strong emphasis on clean hands and good kitchen hygiene, safe use of kitchen tools, good listening skills, and following instructions. At the end of each class students will sample the dish they created and go home with the recipe. Recipes for the session include items such as: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, pizza panini, or ice cream. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Session 1: 1/21, 1/28, 2/4, 2/11 (4 wks)

Session 2: 2/25, 3/4, 3/11, 3/18 (4 wks)

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 2/26, 3/5, 3/12, 3/19 (4 wks)

Place: HHES Art Room Fee: \$48.00/session

Instructor: Ann Salinger

Basic Drawing and Watercolor

Students in grades 3 and 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.

Dates: 1/20 – 3/10 (8 wks) Fee: \$85.00

Place: Huckleberry Hill School

Instructor: Victoria Lange

Dressmaking for Dolls

Design and hand sew a dress for your favorite doll. Students will learn basic hand sewing techniques while working with design elements such as fabric combinations/shapes and measurements to create a dress for their favorite doll all by themselves! Supply list available at registration, estimate of \$20-30. Please bring supplies with you to the first class.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/22 – 2/12 (4 wks) Fee: \$40.00

Place: HHES Room

Instructor: Karen Ryavec Lubensky

Wild Creatures!

Cut*Wrap*Stitch*Stuff*Glue, whatever it takes to make a magical creature; a soft sculpture or a puppet that comes to life. Students in grades 2-4 will approach this creative activity in their own unique way! Materials list available at registration, estimate of \$20-30. Please bring materials with you to the first class.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 2/26 – 3/19 (4 wks) Fee: \$40.00

Place: HHES Room

Instructor: Karen Ryavec Lubensky



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 2 – 4 to draw what they see, to enhance their

drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 3:30 – 4:30 p.m.

Session 1: 1/23 – 3/6 (6 wks) – no class 2/13

Session 2: 4/24 – 6/5 (6 wks) – no class 5/22

Place: HHES

Fee: \$99.00/6 week session

The Happy Ukulele for ages 6.5-10

The ukulele is a perfect instrument for kids! It is perfect for small hands, it's light and affordable not to mention it is a sweet sounding instrument; it's actually hard to make bad sounds on it. When you see a ukulele being played you can't help but smile! And when music is played and sung with a group it makes it all the more rewarding. In this 8 week class, your child will quickly learn the basics of playing the ukulele and a variety of songs in a joyous & supportive environment.

Day: Thursday Time: 4:40 - 5:10 p.m.

Dates: 1/29 – 3/19 (8 wks)

Fee: \$176.00 (includes ukulele and book)

Place: SOUND, 31 Hawleyville Road, Newtown

Stretch & Glow Yoga I ages 6-10

This class introduces more challenging yoga poses and yoga games in a playful and supportive atmosphere. We will focus on balance, coordination and flexibility as we practice holding poses for a longer period of time. Children will learn breathing exercises that can help them maintain focus and self-control during their busy school days. Class will end with massage and guided meditation for deep relaxation.

Day: Tuesday Time: 4:45 – 5:45 p.m.

Dates: 1/20 – 3/10 (8 wks) Fee: \$120.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith-Field

Huckleberry After School, continued

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Wednesday and Friday (see below)

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$96.00

Grades 5 – 8: 7:15 – 8:30 p.m. Fee: \$106.00

Dates: 1/2, 1/7, 1/14, 1/16, 1/21, 1/23, 1/28, 2/4, 2/6, 2/11
(10 classes)

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine

Whisconier After School



ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers

training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies.

Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Friday Time: 9:00 a.m. – 3:00 p.m.

Date: 2/13 (No school) Fee: \$65.00

Place: Town Hall Room 133 Instructor: Peggy Boyle

Tween and Teen Yoga ages 10-13+

This class introduces the practice of flowing smoothly through our yoga poses to build focus, concentration and determination. A greater focus on proper alignment, arm balances and strengthening poses will help children appreciate and understand their growing bodies. Breathing exercises and relaxation techniques will help children cope with stress in their everyday lives. We will incorporate cooperative yoga games and challenges to encourage teamwork and keep yoga fun!

Day: Tuesday Time: 3:45 – 4:45 p.m.

Dates: 1/20 – 3/10 (8 wks) Fee: \$120.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith-Field

Whisconier After School, cont.



Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the

completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.

Dates: 1/26 – 3/23 (8 wks) – no class 2/16

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$85.00

Successful Study Skills

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday

Time: 10:00 a.m. – 12:00 p.m.

Date: 2/7

Fee: \$35.00

Place: Brookfield Learning Center, 270 Federal Road



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

January: Mondays – 1/5, 1/12, 1/19, 1/26

February: Wednesdays- 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/3, 3/10, 3/17, 3/24

April: Thursdays – 4/2, 4/9, 4/16, 4/23

Diamond Edge Training

Diamond Edge is offering an after school conditioning program for students in grades 5-8. This class will utilize the Vertimax training station along with personal instructors to provide an all-around exercise experience for your student. Core strength, agility and speed training will be the focus of each session. Bus transportation provided from WMS to Diamond Edge at dismissal on Van #30. The class will run from 3:45 – 4:45 p.m. if you choose to drive your student. Parent pick up is at Diamond Edge at 4:45 p.m.

Day: Friday Time: 2:40 – 4:45 p.m.

Dates: 1/23 – 3/27 (8 wks) – no class 2/13, 3/13

Place: Diamond Edge, 5A Production Drive Brookfield

Fee: \$110.00



Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper

techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Wednesday and Friday

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$96.00

Grades 5 – 8: 7:15 – 8:30 p.m. Fee: \$106.00

Dates: 1/2, 1/7, 1/14, 1/16, 1/21, 1/23, 1/28, 2/4, 2/6, 2/11 (10 classes)

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine

Girls' Basketball for Grades 6 - 9

Girls who are currently playing basketball, who used to play basketball or who have never played basketball are welcome and encouraged to play! We'll have two days of evaluations and practices on January 10 and January 17 to see what skills the girls have coming into the program in order to make balanced teams. Over the next several weeks, teams will have scheduled practice time and play in game(s) each Saturday for a total of 10 games during the season. All games are played in Brookfield against other teams also in the program, no travel required. We use adult "patched" referees to help consistently reinforce the rules of the game and adults volunteer as coaches. If a parent is able to coach or assistant coach, please let us know when registering. Times may vary from what is advertised depending on the number of players and teams.

Day: Saturday Time: 1:00 – 2:30 p.m.

Dates: 1/10– 3/14* (9 weeks) *followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High Old Gym

Fee: \$88.00

Boys' Basketball

Grades 6-7, 8-9, and 10-12

We'll have two days of evaluation clinics and practices on January 10 and January 17 to determine the skill levels of players in order to make balanced teams. Our 10 game season will begin on Saturday, January 24. Games are played in Brookfield (at Brookfield High School) on Saturdays against other teams also in the program, no travel required. We use adult "patched" referees to consistently reinforce the rules of the game and adult volunteer coaches. If a parent is able to coach or assistant coach, please let us know at registration. Times and formats of the leagues may vary depending on the number of players and teams. Generally, boys in grades 6/7 are scheduled between the hours of 8:00 – 11:00 a.m., boys in grades 8/9 between 10:30 a.m. – 1:30 p.m. and boys in grades 10-12 between 2:30 – 5:00 p.m. Detailed schedules for the season will be given to all participants (once established) before league play begins on January 24.

Boys Grades 6/7:

1/10 and 1/17 practice 9:00 - 10:30 a.m. at BHS

Boys Grades 8/9:

1/10 and 1/17 practice 11:00 a.m. – 12:30 p.m. at BHS

Boys Grades 10-12:

1/10 and 1/17 practice 3:00 – 4:30 p.m. at BHS

Dates: 1/10 – 3/14* (9 weeks) *followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High School

Fee: \$88.00



Ready for SAT or ACT? Free Practice Testing

The only way to find out is take the real thing, a complete full length SAT or ACT practice exam. Unsure which exam is better for you? The Learning Center also offers a hybrid SAT/ACT exam combining key sections from each to help you decide. Results are available within 10 days and shared with each student individually in a follow up meeting. Test takers receive a detailed, question by question, analysis of the results so they can focus prep for high scores. Each student receives a personal roadmap for admissions testing and a college planning timetable. Pre-registration is required for this program.

Day: Saturday Date: 1/31

Time: 10:00 a.m. – 2:00 p.m. (plus one hour results meeting scheduled individually)

Place: BHS

Fee: Free

Instructor: Director of College Planning – Brookfield Learning Center



We are currently accepting applications for the following seasonal summer positions:
Lifeguard, Camp Counselor

Applicants for camp counselor must be at least 16 years old by the start of the camp season in

June. The Town of Brookfield is an equal opportunity employer.

Contact the Parks & Recreation Office at 775-7310 for more information or to request an application. Applications are also available for download from our website. Deadline for applications:

3/27/15

Youth Sports Spring Registration



Brookfield Soccer Club

Spring 2015 Registration

www.brookfieldsoccer.org

Keep an eye on the website as registration will be opening soon. Register early to avoid being turned away! Travel registrations (U9 through U14) will be closed by early March. In-house registrations (U6 and U8 programs) will remain open through the beginning of April.

Brookfield Baseball and Softball Association

Spring 2015 Registration

Website - BrookfieldCt.BabeRuthonline.com

Wednesday, January 14 7:00 - 9:00 p.m. BHS Cafeteria
Wednesday, January 28 7:00 - 9:00 p.m. BHS Cafeteria
Wednesday, February 11 7:00- 9:00 p.m. BHS Cafeteria
Wednesday, February 25 7:00 – 9:00 p.m. BHS Cafeteria

BBSA Spring 2015 registration will be held in the cafeteria of Brookfield High School. Registration is open to Brookfield residents only. First time players must provide a copy of their birth certificate. Fee due at registration and will vary according to league. White baseball pants and black softball shorts will be available for purchase at registration. **A \$25.00 per child late fee will be assessed on all registrations received after the last registration date (2/25/15).**

Brookfield Lacrosse Club Spring 2015 Registration

www.brookfieldlax.org

Brookfield Lacrosse Spring 2015
Registration is Now Open!

Register now for the spring season and become part of one of the fastest growing sports in the country! Brookfield Lacrosse is open to Boys and Girls grades K-8, and operates in partnership with Brookfield High Lacrosse Programs. Kids new to the sport are welcomed and encouraged to come out and try this fast paced and exciting sport. Teams are formed based on age and skill level. We currently have open slots on all teams for first time players. Spring season begins the first week of April. Register by January 8th to take advantage of the early registration discount. Visit the Brookfield Lacrosse Club website for more information.

Community Connection

Positive Discipline of Western Connecticut

Positive Discipline of Western Connecticut is a 501(c)(3) charity that promotes and encourages the development of life skills and respectful relationships in families, schools, and businesses in our local communities. We will provide classes to parents, caregivers, educators, and youth development workers, teaching how to raise a child using Positive Discipline skills. For more information and class registration, visit positivedisciplinewesternct.org.

The YMCA's Diabetes Prevention Program is a one-year, community based program where participants work in small groups with a trained Lifestyle Coach in a relaxed, classroom setting. In 16 weekly sessions followed by 8 monthly sessions, participants learn how to incorporate healthier eating, moderate physical activity, and problem-solving and coping skills into their daily lives. To determine if you qualify or if you would like additional information, please contact Lisa O'Connor, YMCA's Diabetes Prevention Program Coordinator at [203.775.4444](tel:203.775.4444) ext. 135 or loconnor@regionalymca.org. New sessions will start on Wednesdays at 9:30 am beginning January 7 and Mondays at 6:15 pm beginning February 23rd. Both classes will be held in Brookfield.



Frequently Requested Phone Numbers

AARP	Shirley Gervasoni 740-0067 Shirley.gervasoni@sbcglobal.net
Boy Scouts	Ray Pflomm 775-8167 Mac Dew 740-2419
Brookfield Baseball & Softball Association (BBSA) http://BrookfieldCt.BabeRuthonline.com/	
Brookfield Education Foundation (BEF) www.brookfielddeductionfoundation.org Colette Sturm 740-0826	
Brookfield for Youth Football & Cheer http://www.eteamz.com/bfyf/index.cfm Kathy Drysdale 775-3569	
Brookfield Lacrosse Club http://www.brookfieldlax.org/ Kevin Madden 775-4434	
Brookfield Soccer Club http://www.brookfieldsoccer.org/ Field Hotline 775-5239	
Conservation Commission	Alice Dew 775-7316
Garden Club	Joanne McKendry 775-3890
Girl Scouts	www.brookfieldscouts.org
Lion's Club	Alan Smith 775-8716
MOMS Club® of Brookfield Besa Kelley 203-885-0535 themomsclubofbrookfield@gmail.com	
Brookfield Newcomers and Neighbors www.brookfieldnewcomers.com	
Positive Discipline of Western CT, Inc.	Carol Does 203-794-6106
Rotary Club	Russ Cornelius 775-8010
Senior Center	775-5308
Women's Club of Brookfield	Marie Yapoujian 775-1089 Janice Leggett 775-9662



PRSR STD
ECRWSS
USPOSTAGE
PAID
EDDM RETAIL

P.O. Box 5106 Brookfield, CT 06804
(203)775-7310

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Donna Korb, Administrative Assistant

POSTAL PATRON

Brookfield, CT 06804

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty Rick Lamparelli



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

COMMISSION:

Sara Kincade, Chair
Ed Butt, Co-Vice Chair
Joei Grudzinski, Co-Vice Chair
Rob Blick Bryan Chnowski
Tony Tomaino Mike Fernand
Renee Santiago
Elaine Rajcula, Commission Secretary

The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

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**Registration is ongoing for all basketball and youth wrestling programs.
Registration for all other winter programs begins Monday, January 5.**